



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

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Club: RADWERK RACING Wernigerode
Number: 591

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:20:25

Speed: 11.20 km/h
Running performance: 5:22 min/km

Rank in course/Total: 114 (of 581)

Rank in course/Men: 109 (of 475)

Best time in course: 1:39:32

Rank in category: 14(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:15	5:13	11	3:24	99	4:11	3.30	17:15	5:13	11	3:24	99	4:11
Schlüsie	3.10	17:57	5:47	11	3:04	81	4:19	6.40	35:12	5:30	11	6:24	89	8:29
Hermannsklippe	2.60	15:41	6:01	12	2:58	88	4:17	9.00	50:53	5:39	12	9:22	89	12:46
Brocken	3.10	27:07	8:44	16	6:00	121	9:04	12.10	1:18:00	6:26	13	15:22	95	21:50
Eiserner Handwe	3.60	16:26	4:33	10	3:12	83	4:34	15.70	1:34:26	6:00	12	18:33	93	26:24
Schlüsie	4.10	16:51	4:06	20	3:54	141	5:17	19.80	1:51:17	5:37	13	22:23	101	31:41
Loddenke	3.10	13:43	4:25	23	3:06	156	4:24	22.90	2:05:00	5:27	13	25:29	106	36:05
Ilseburg/Markt	3.30	15:25	4:40	23	3:30	171	4:48	26.20	2:20:25	5:21	14	28:59	109	40:53